

## Protein

What is it?

- protein is an essential nutrient in our diet
- proteins are long strands of amino acids. Proteins are not usually used to provide energy for the body, its is required for building and repairing cells and reconstructed proteins make up all of the functional parts of every system in our body
- Virtually all cells are made from protein with amino acids in various proportions

How Do You Break It Down And Absorb It?

- when protein is consumed in the diet, this large, tightly packed molecule is partially broken down by harsh acids (HCl) in the stomach. The tiny left over pieces are the amino acids

Where can you get it from?

- Meat
- Milk
- Nuts
- Fish
- Cheese
- Seeds
- Poultry
- Eggs Peas, Beans

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Dangers of Too Much Protein

- The process of the protein breakdown releases a wastes product, a chemical called Uric Acid
- Uric acid is essentially a poison in our system and must be released from our bodies. Urea and uric are filtered by the kidneys and sent to the bladder where it is released in our urine. High levels of protein in the diet causes increases of uric acid in the kidneys. If the level of uric acid remains high for a prolonged period, the dangerous result is "poisoning" of the kidneys causing kidney damage and possible even kidney failure, a fatal disease.
- In addition, high protein intake also can lead deficiencies of Vitamin B6 and Zinc and Calcium

example:

Body weight: 180 lbs=82 kg    should consume 73g of protein  
 140 lbs = 64 kg    should consume 57g of protein

\*note\* Vitamin chart p143 in the text  
 functions And food source for each

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## Canada's Food Guide

## RDA

## Grain Products

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## Vegetables and Fruit

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## Milk Products

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Adults 2-4

Pregnant 3-4

Meat and Alternatives 2-3

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